



A MINUTE OF HEALTH WITH CDC

Having Healthy Babies

Inpatient Hospitalization Costs Associated with Birth Defects Among Persons of All Ages — United States, 2013

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

One out of every 33 babies in the United States is born with a birth defect, and these conditions account for one of every five infant deaths. Babies who have birth defects often need special care and interventions to survive and thrive developmentally. Not all birth defects can be prevented, but women *can* increase their chances of having a healthy baby. Before and during pregnancy, consume folic acid, avoid alcohol and tobacco, maintain a healthy weight, and regularly visit a health care provider can help reduce the risk of birth defects.

Thank you for joining us on a Minute of Health with CDC.

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.